

January 2013 – Group Exercise Classes (SRPMIC Diabetes Program – Salt River Fitness Center & Salt River High School)

Monday	Tuesday	Wednesday	Thursday	Friday
SR FITNESS CENTER HOURS: <u>Monday – Thursday</u> 6:00am- 7:30pm & <u>Friday</u> 6:00am-6:30pm & <u>Saturday & Sunday</u> CLOSED	1 HAPPY NEW YEAR FITNESS CENTER CLOSED	2 12:05 pm – 12:50 pm Spinning w/Jason 5:30 pm – 6:30 pm Zumba w/Rachel	3 6:15 am – 6:55 am Spinning w/Rachel 11:05 am – 11:50 am Yoga Stretch w/Rachel 12:05 pm – 12:50 pm Zumba w/Robin 5:30 pm – 6: 15 pm Cardio Combo w/Jason	4 12:05 pm – 12:00 pm Spinning w/Jason 5:30 pm – 6:30 pm Spinning w/Michelle
7 11:05am-11:50am Bosu Sculpt w/Rachel 12:05 pm – 12:50 pm Capoeira w/Clifford Salt River High School 3:35pm-4:20pm Circuit Training w/Michelle 5:30 pm – 6:30 pm Lo Impact w/Roberta 6:30 pm – 7:15 pm Senior Dance (55+) w/Roberta	8 6:15 am – 6:55 am Spinning w/Rachel 9:30 am – 10:30 am YS – Mousercise Exercise Group 11:05 am – 11:50 am Yoga Stretch w/Rachel 12:05 pm – 12:50 pm Total Body Conditioning w/Dion Salt River High School 3:35pm-4:20pm Zumba w/Rachel 5:30 pm – 6: 15 pm Spinning w/Michelle 6:30pm – 7:15 pm Boxing w/Nevelle	9 11:05 am – 11:50 am Capoeira w/ Clifford 12:05 pm – 12:50 pm Spinning Circuit w/Michelle 5:30 pm – 6:30 pm Zumba w/Rachel	10 6:15 am – 6:55 am Spinning w/Rachel 9:30 am – 10:30 am YS – Mousercise Exercise Group 11:05 am – 11:50 am Yoga Stretch w/Rachel 12:05 pm – 12:50 pm Zumba w/Robin Salt River High School 3:35pm-4:20pm Guts & Glutes w/Rachel 5:30 pm – 6: 15 pm Cardio Combo w/Rachel	11 11:05 am – 11:50 am Capoeira w/ Clifford 12:05 pm – 12:00 pm Spinning w/Michelle 5:30 pm – 6:30 pm Zumba w/Rachel
14 11:05am-11:50am Bosu Sculpt w/Rachel 12:05 pm – 12:50 pm Capoeira w/Clifford Salt River High School 3:35pm-4:20pm Circuit Training w/Michelle 5:30 pm – 6:30 pm Lo Impact w/Roberta 6:30 pm – 7:15 pm Senior Dance (55+) w/Roberta	15 6:15 am – 6:55 am Spinning w/Rachel 9:30 am – 10:30 am YS – Mousercise Exercise Group 11:05 am – 11:50 am Yoga Stretch w/Rachel Canceled 12:05 pm – 12:50 pm Total Body Conditioning w/Dion Salt River High School 3:35pm-4:20pm Basic Step w/Rachel 5:30 pm – 6: 15 pm Spinning w/Michelle 6:30pm – 7:15 pm Boxing w/Nevelle	16 11:05 am – 11:50 am Capoeira w/ Clifford Class Canceled 12:05 pm – 12:50 pm Spinning Circuit w/Michelle Class Canceled 5:30 pm – 6:30 pm Zumba w/Rachel Fitness Center CLOSED 11:30 am to 1:00 pm DHHS Quarterly Meeting	17 6:15 am – 6:55 am Spinning w/Rachel 9:30 am – 10:30 am YS – Mousercise Exercise Group 11:05 am – 11:50 am Yoga Stretch w/Rachel Class Canceled Fitness Center CLOSED 11a-12p Health Service Monthly Meeting 12:05 pm – 12:50 pm Zumba w/Rachel Salt River High School 3:35pm-4:20pm Guts & Glutes w/Rachel 5:30 pm – 6: 15 pm Cardio Combo w/Rachel	18 11:05 am – 11:50 am Capoeira w/ Clifford 12:05 pm – 12:00 pm Spinning w/Michelle 5:30 pm – 6:30 pm Zumba w/Rachel
21 MARTIN LUTHER KING JR. DAY FITNESS CENTER CLOSED	22 6:15 am – 6:55 am Spinning w/Rachel 9:30 am – 10:30 am YS – Mousercise Exercise Group 11:05 am – 11:50 am Yoga Stretch w/Rachel 12:05 pm – 12:50 pm Total Body Conditioning w/Dion Salt River High School 3:35pm-4:20pm Cardio Kickboxing w/Rachel 5:30 pm – 6: 15 pm Spinning w/Michelle 6:30pm – 7:15 pm Boxing w/Nevelle	23 11:05 am – 11:50 am Capoeira w/ Clifford 12:05 pm – 12:50 pm Spinning Circuit w/Michelle 5:30 pm – 6:30 pm Zumba w/Rachel	24 6:15 am – 6:55 am Spinning w/Rachel 9:30 am – 10:30 am NO CLASS 11:05 am – 11:50 am NO CLASS 12:05 pm – 12:50 pm Zumba w/Robin Salt River High School 3:35pm-4:20pm NO CLASS 5:30 pm – 6: 15 pm Cardio Combo w/Rachel	25 11:05 am – 11:50 am Capoeira w/ Clifford 12:05 pm – 12:00 pm Spinning w/Michelle 5:30 pm – 6:30 pm NO CLASS
28 11:05am-11:50am NO CLASS 12:05 pm – 12:50 pm Capoeira w/Clifford Salt River High School 3:35pm-4:20pm Circuit Training w/Michelle 6:00 pm – 7:30 pm 2013 Zumba New Year's Resolution – Neon & 80's Party @ SR Basketball Gymnasium 6:30 pm – 7:15 pm Senior Dance (55+) w/Roberta	29 6:15 am – 6:55 am NO CLASS 9:30 am – 10:30 am NO CLASS 11:05 am – 11:50 am NO CLASS 12:05 pm – 12:50 pm Total Body Conditioning w/Dion Salt River High School 3:35pm-4:20pm NO CLASS 5:30 pm – 6: 15 pm Spinning w/Michelle 6:30pm – 7:15 pm Boxing w/Nevelle	30 11:05 am – 11:50 am Capoeira w/ Clifford 12:05 pm – 12:50 pm Spinning Circuit w/Michelle 5:30 pm – 6:30 pm Zumba w/Rachel	31 6:15 am – 6:55 am Spinning w/Rachel 9:30 am – 10:30 am YS – Mousercise Exercise Group 11:05 am – 11:50 am Yoga Stretch w/Rachel 12:05 pm – 12:50 pm Zumba w/Robin Salt River High School 3:35pm-4:20pm Guts & Glutes w/Rachel 5:30 pm – 6: 15 pm Cardio Combo w/Rachel	

Class Description:

GROUP EXERCISE

Basic Step: A low impact aerobic class with step choreography on a step platform. Workout will include 10 minute warm up followed by 30-45 minutes of step aerobics and low impact followed by sculpting/weight training.

Bosu Circuit: Build your core, strength, agility and balance. Reshape your body with challenging exercise progressions that will enhance your flexibility and give you a total body workout. This class includes a 10 minute aerobic followed by strength training routines, stretching and flexibility exercises and balance training.

Boxing: Please bring in your own boxing gloves and hand wraps. In this class the instructor will guide you through proper punching techniques and sparing with other participants in class for a more effective workout. Class will start with a self motivated warm up of skipping rope, shadow boxing and stretching plus other variety moves. Please be prepared workout hard.

Cardio Kickboxing: Cardio kickboxing is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Cardiovascular workout will be followed by abdominal workout.

Cardio Combo: This class is a mix of variety of cardio classes, such as, Hi/Lo, Step Aerobics, Cardio Kickboxing, Circuit Training and etc. This class will add variety to your workout that will be fun and filled with high energy. Bring your energy and MOVE! ***Resistance training maybe add to during cardio workout or at the end of the workout.*

Capoeira: Get in shape, meet new friends, and do things you never thought you could do before! You will leave with a basic understanding of proper technique for the fundamental Capoeira movements: ginga, au`, kicks, cartwheel, escapes, punches and blocks. *Created as a way to resist their enslavement in Brazil during the 1800s and practiced secretly for years, Capoeira has finally found a place in the world of martial arts. Consisting of a dance-like fight, the martial art was designed to appear like a game. Practitioners stand in a "Roda" or circle and take turns battling in the center. Once illegal in Brazil, Capoeira is now practiced in every state and in most countries across the globe.*

Circuit Training: Get a whole body workout! In this class participants will alternate 3-4 minutes of cardio with 2-3 minutes of strength or class format maybe done as a group circuit session. Time flies as you work it ALL!!!

Gutes & Glutes: The focus of this class is on the abdominals, buttocks and hips. A wide variety of exercises are used to target the muscles in these areas with the intent to tone and strengthen.

Lo Impact: Move and groove to some old school aerobic moves choreographed to uplifting music. As you go back in time to the forgotten art of hi/low cardio aerobics. Multi level.

Senior Dance Class 55+: Move and groove to the oldies, country and contemporize music set in a line dancing format

Total Body Conditioning (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.

Yoga Stretch: Stretch, strengthen, breathe and relax with this slowly paced sequence that begins with plenty of warm-up movement and offers posture variations for different fitness and experience levels. All levels welcome.

YS EEP Mousercise: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games to workout on motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

SPINNING CLASSES

BRING A WATER BOTTLE AND TOWEL YOU WILL NEED IT! LIMITED TO 7 RIDERS First Come Serve!!!

Spinning® is a program developed by Mad Dogg Athletics, Inc. Instructors: Michelle Long and Rachel Seepie are certified to teach the Spinning® Program.

Spinning®: Indoor cycling class. The Spinning program welcomes participants of all fitness levels. Whether you're a beginner to the skilled athlete, both start at the same place and successfully complete a 40-minute workout together. Spinning offers energizing, cycling-inspired rides that combine sound training principles, expert coaching and inspirational music for overall cardiovascular training. Spinning is safe and fun. Your instructor will guide you through flats, hills, runs, jumps and sprint (advance move). *The instructor will announce the layout of the type of class you be riding for 40 minutes or more.*

Spinning® Circuit: This 45-minute class gets you moving around the room in a full body, interval style workout. We begin with one song warm up on the spin bike to get your heart pumping and muscles moving. Then off the bike for strength training exercise utilizing variety of equipment, such as , BOSU ball, stability ball, body bars, Step, Weights, Kettlebell and Medicine Balls. Exercises are specifically designed to condition a variety of muscles in your upper body, lower body and core. Then it's back to the bikes for round 2! *Appropriate for all levels.*

ZUMBA FITNESS®

Zumba® Instructors Robin Mowers and Rachel Seepie are licensed to teach Zumba Fitness®.

Zumba®: Join the party! Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!

*****If instructor is unavailable to teach the a class another instructor will sub the class, class may be changed to a different style or class may be canceled due to shortage of staffing. Signs and notification will be posted on facility, email or through announcements. Fitness Centers will be CLOSED on Tribal Government designated holidays, during meetings and other activities approved by Diabetes Program Manager & HS Supervisor. Questions: 480-362-7342***